

W

ITH best wishes of the season, and for the new year that lies ahead, here is one of the handiest kitchen calendars ever designed. Just hang it up, please!

The January month drops down FIRST and your calendar is ready for use. Succeeding months will hang under the picture and, by lifting the picture, can be dropped into place as needed.



In each month's envelope, you can file recipes, receipts, memos, or brief data you wish to preserve. At the end of the year you have a neat packet of information. No string to untie, no clamp to loosen, this gadget-free calendar is streamlined for maximum utility.

Here are seven reasons why this calendar with its 12 file pockets will help you manage your kitchen with less effort:

1. WALLET CONSTRUCTION for ease in handling and storage.
2. COMPOSITE DESIGN, calendar is always assembled with no loose months to lose.
3. TWELVE HANDY POCKETS for filing recipes, receipts, statements, memos, etc.
4. LARGE WHITE CALENDAR PAD with easy to read figures.
5. RULED MEMO SPACES for jotting down notes and reminders.
6. TEMPTING MENUS AND RECIPES on the back of each pad.
7. HANDY KITCHEN WISDOM on the inside of cover.



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

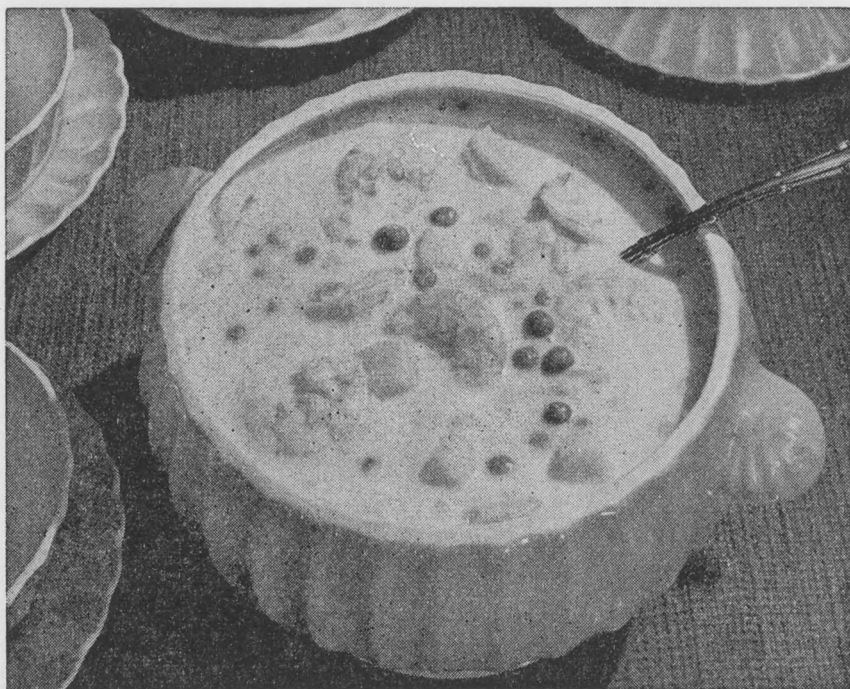
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| | | |
|-----------|-------|------|
| 8 oz. | 1 | cup |
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Shrimp Chowder

- 1 pound small fresh shrimp
- 1 1/4 cups cold water
- 1 tablespoon salt
- 2 potatoes, cubed
- 1 cup fresh peas (1 pound)
- 1 tablespoon chopped onion
- 1 teaspoon salt
- 1 1/2 cups boiling water
- 1 cup milk
- 3 tablespoons butter, melted
- 1/4 cup flour

Remove shell and sand vein from shrimp. Wash thoroughly. Add cold water, and 1 tablespoon of salt; cover, bring to a boil, simmer for 8 minutes. Cook potatoes, peas, and onion in boiling, salted water until tender; water should be almost evaporated at the end of cooking time.

Combine shrimp and vegetable mixture, including liquids and the milk; heat. Blend the butter and flour and add a little of the warm liquid to make a paste. Add it to the chowder gradually. Simmer for 3 minutes, stirring occasionally. Serves 4 (6 1/2 cups).

This recipe developed and tested for you by the National Dairy Council.



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | |
| | 180 degrees |
| VEAL | |
| | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

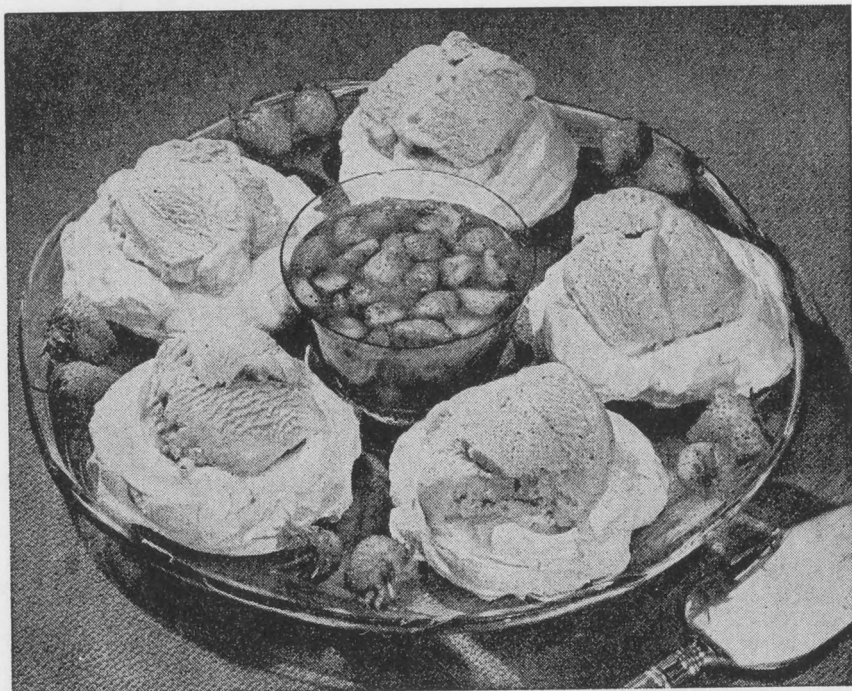
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Strawberry Meringue Glace

- 3 egg whites
- 1/4 teaspoon salt
- 1 1/2 teaspoons vinegar
- 1 1/4 cups sugar
- 1/2 teaspoon vanilla
- 1 quart strawberry or vanilla ice cream
- 1 pint sliced, or crushed, sweetened strawberries

Beat egg whites until frothy, add salt and continue to beat with a rotary beater or electric mixer until the mixture will stand in soft peaks. Add sugar, a tablespoon at a time, alternately with the vinegar, beating thoroughly after each addition. Continue to beat after all has been added until very stiff and dry. Add vanilla and blend. Pile meringue on a lightly-greased baking

sheet in six or eight piles making an indentation in the top of each with rounded side of a large spoon. Bake at 275° F., for one hour to one and one-quarter hours, or until crisp-crustured, but not browned. Remove from baking sheet and cool. (Meringues should be soft inside.) To serve, pile ice cream in center of cooled meringues, top with sweetened strawberries. Serves 6 to 8.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| DECEMBER 1958 | | | | | | |
|---------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

January 1959

| FEBRUARY 1959 | | | | | | |
|---------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

KEEP RECEIPTS, STATEMENTS, AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------|----------------------|------------------------------|------------------------|---------------------|------------------------|----------|
| LAST QUARTER ☾ 2nd-31st | NEW MOON ☀ 9th | FIRST QUARTER ☾ 16th | FULL MOON ☀ 24th | 1 NEW YEAR'S DAY | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Robert Burns, 1759 | | Edison Lamp Patented 1880 | | | Roosevelt 1882-1945 | |



Helpful Hints FOR EASIER COOKING

OVEN TEMPERATURES (For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 300-310 |
| Hard Crack | 380-390 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | |
| | 180 degrees |
| VEAL | |
| | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

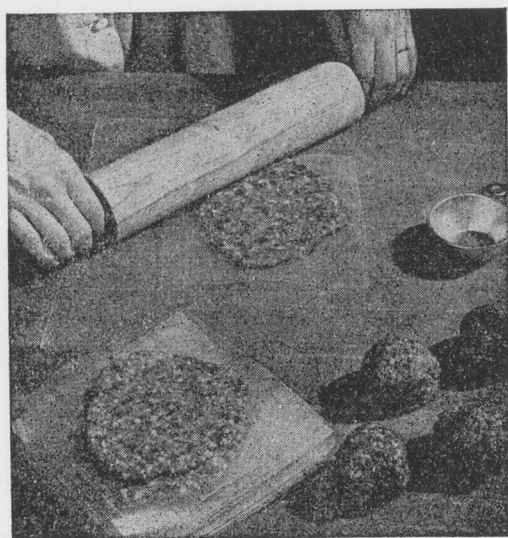
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FOR THE HOMEMAKER

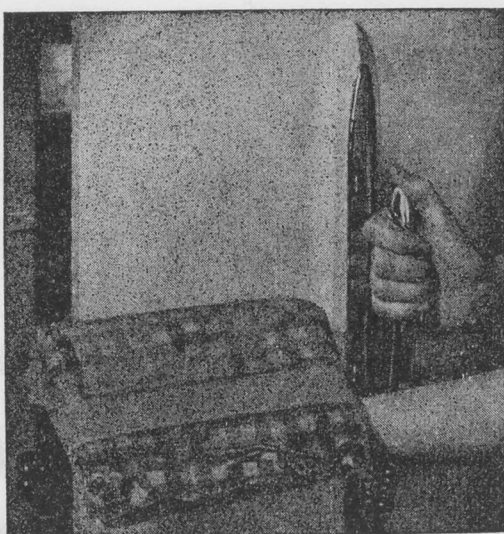


Flat as a pancake. Shape hamburgers in $\frac{1}{3}$ -cup measure so they'll all be the same size. Then roll each ball between two sheets of waxed paper. Stack patties with waxed paper between. Store them in the refrigerator, all ready to cook for the gang.

Timesavers

TRICKS WITH WAXED PAPER

What you can do today. No time to iron that last dress? Wrap it in waxed paper to keep it damp till tomorrow. To prevent mildew, put in refrigerator.



This article and accompanying illustrations by special arrangement with Better Homes & Gardens.

SLIDE PENCIL INSIDE BINDING

| JANUARY 1959 | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

February 1959

| MARCH 1959 | | | | | | |
|------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------|-------------------------------------|---------------|-----------------|-----------------------|---------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Ground Hog Day | | | | B. N. A. Act, 1867 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | Upper and Lower Canada United, 1841 | ASH WEDNESDAY | | | St. Valentine's Day |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | | | | | |
| | | | | NEW MOON 7th | FIRST QUARTER 15th | FULL MOON 23rd |



Helpful Hints FOR EASIER COOKING

OVEN TEMPERATURES (For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

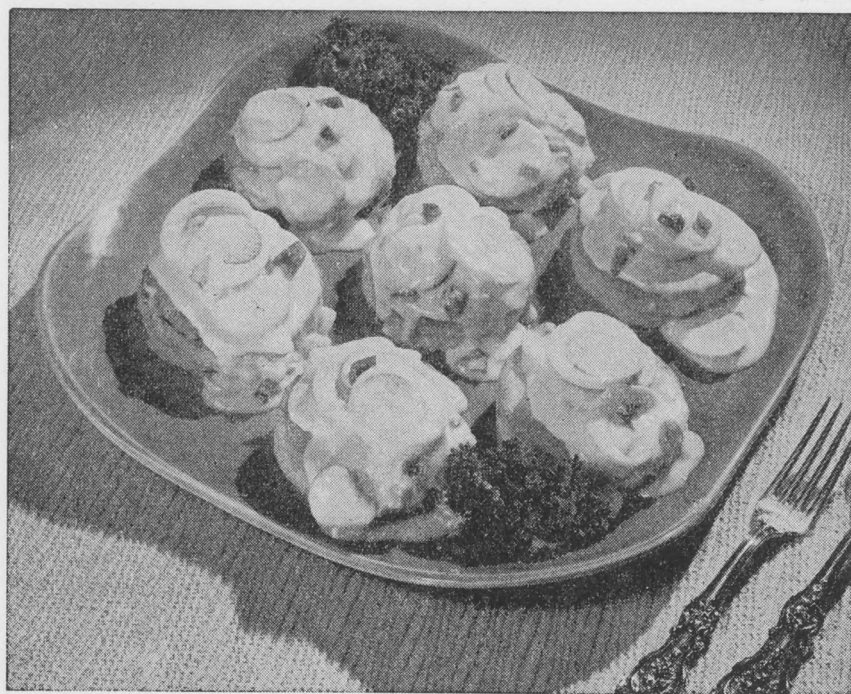
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Eggs a La King on Corn Rings

- 1 tablespoon butter or meat drippings
- 1 tablespoon minced onion
- 3 tablespoons flour
- 2 cups milk
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup chopped green pepper
- 6 hard-cooked eggs
- 6 slices fried corn meal mush

Melt butter in top of double boiler over direct heat. Add minced onion and cook until tender. Stir in flour and add milk, seasonings, Worcestershire sauce and green pepper. Cook over hot water, stirring until smooth and thickened. Add hard-cooked egg slices. Serve on rounds of fried corn meal mush. Serves 6.

CORN MEAL MUSH

Pour cooked corn meal into a round can or mold that has been rinsed in cold water. Cover, and chill until firm. Cut into 1/2 inch slices; dip in flour and saute in drippings until crisp and brown.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| FEBRUARY 1959 | | | | | | |
|---------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

March 1959

| APRIL 1959 | | | | | | |
|------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|--------|------------------------------------|---------------------|-----------------|-----------------------|-------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | LAST QUARTER 2nd | NEW MOON 9th | FIRST QUARTER 17th | FULL MOON 24th |
| EASTER SUNDAY | | Newfoundland Joins Canada, 1949 | | | | |



| | | |
|---------------------------|---------|------------|
| Slow oven | 250-325 | Fahrenheit |
| Moderate oven | 325-375 | Fahrenheit |
| Moderately hot oven | 375-400 | Fahrenheit |
| Hot oven | 400-450 | Fahrenheit |
| Very hot oven | 450-500 | Fahrenheit |

| Stages in sugar cooking | Temperature of Sirup |
|---------------------------|-------------------------|
| Sirup | 220-230 |
| Thread | 230-238 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

| BEEF | | Temperature |
|-----------------------|---------|-------------|
| Ribs, rare | 140 | degrees |
| medium | 160 | degrees |
| well-done | 170 | degrees |
| Sirloin, medium | 160 | degrees |
| well-done | 170 | degrees |
| Tenderloin | 160-170 | degrees |
| Rump | 170 | degrees |
| PORK | | |
| Loin | 145 | degrees |
| Tenderloin | 160 | degrees |
| Shoulder | 185 | degrees |
| Ham | 185 | degrees |
| LAMB | | |
| | 180 | degrees |
| VEAL | | |
| | 170 | degrees |

| | Temp. of Fat | Time (min.) |
|-----------------------------|-----------------|----------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| Time period. | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------------|-------------------|------------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

| | | |
|-----------------|-------|------|
| 8 oz. | 1 | cup |
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Spring Beauty Salad

- 1½ envelopes gelatin
(1½ tablespoons)
- 3 tablespoons cold water
- 1 cup cottage cheese, sieved
- 1 cup American cheese,
grated
- 1 teaspoon salt
- ⅓ teaspoon white pepper
- 2 tablespoons chopped
pimento
- 2 tablespoons chopped green
pepper
- ½ cup diced American cheese
- 1 pint whipping cream

Soak gelatin in cold water until soft; dissolve over hot water. Soften cottage cheese with a little plain cream and press through sieve. Add grated American cheese, gelatin, seasonings, pimento, pepper and diced American cheese.

(Some of the diced cheese may be sprinkled in the bottom of the mold.) Fold in stiffly beaten cream, turn mixture into wet mold and chill. Serve on large chop plate with center filled with fresh fruit or vegetable salad. Garnish with crisp lettuce, endive or watercress. Serves 6.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| MARCH | | | | | | 1959 |
|-------|-----|-----|-----|-----|-----|------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

April
1959

| MAY | | | | | 1959 | |
|-----|-----|-----|-----|-----|------|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|----------------------------|------------------------|-----------|----------|--------|---------------------------|
| NEW MOON ● 8th | FIRST QUARTER ☾ 16th | FULL MOON ☾ 23rd | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |
| | | | | | | LAST QUARTER ☾ 29th |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | | |
|---------------------|---------|------------|
| Slow oven | 250-325 | Fahrenheit |
| Moderate oven | 325-375 | Fahrenheit |
| Moderately hot oven | 375-400 | Fahrenheit |
| Hot oven | 400-450 | Fahrenheit |
| Very hot oven | 450-500 | Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | |
| | 180 degrees |
| VEAL | |
| | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

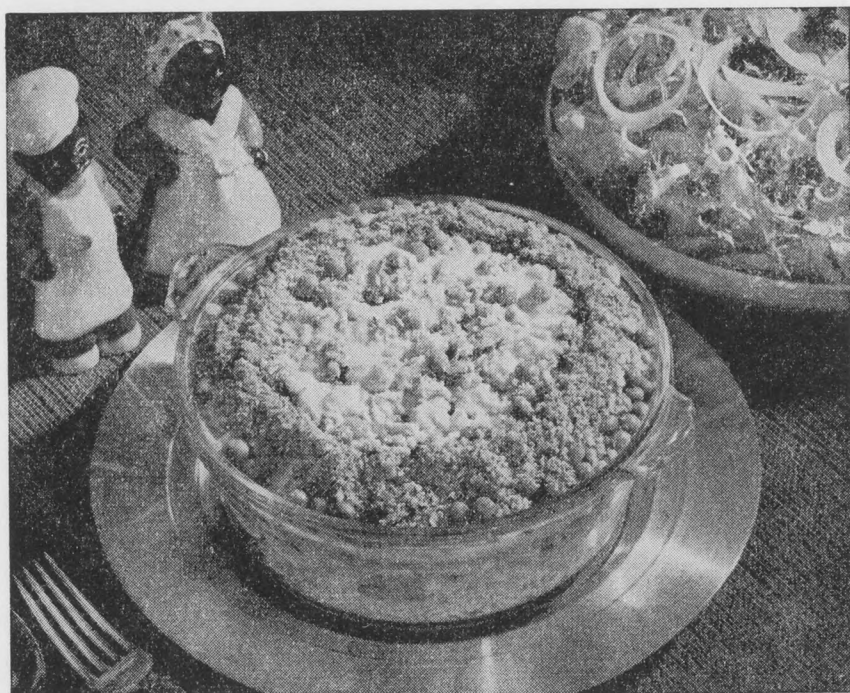
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| | | |
|-----------|-------|------|
| 8 oz. | 1 | cup |
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Seafood Thermador

- 1 package (6 ounces) fine noodles
- 1/2 pound fresh mushrooms, sliced
- 2 tablespoons butter
- 1 cup drained, cooked peas
- 1/2 cup sliced green or ripe olives
- 1 can flaked tuna (7 ounces)
- 2 cups medium cream sauce
- 1 cup freshly grated American cheese
- 1/4 cup buttered bread crumbs

Cook noodles in rapidly boiling, salted water until tender, about 10 to 15 minutes. Drain and rinse with boiling water. Saute mushrooms in melted butter until tender, about 5 minutes. Make 2 cups of well-seasoned, medium cream sauce. Add grated cheese, stirring to blend. Arrange hot noodles in a buttered, 1 1/2-quart

casserole. Cover with cooked mushroom slices, then a layer each of peas, ripe or green olives, and flaked tuna. Add cheese sauce and top with buttered crumbs. Bake in a moderate oven, 350° F., for 30 minutes or until lightly browned. Serve with lemon and parsley garnish. Serves 6. Note: One-fourth cup chopped, toasted almonds may be used instead of olives in recipe.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| APRIL 1959 | | | | | | |
|------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

May
1959

| JUNE 1959 | | | | | | |
|-----------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|-----------------------|-------------------|----------------------|--------------------|-------------|----------|
| NEW MOON 7th | FIRST QUARTER 15th | FULL MOON 22nd | LAST QUARTER 29th | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Mother's Day | | | | | VE-Day 1945 | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | VICTORIA DAY | | | Confederation 1867 | | |
| 24 31 | 25 | 26 | 27 4 | 28 6 | 29 4 | 30 6 |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

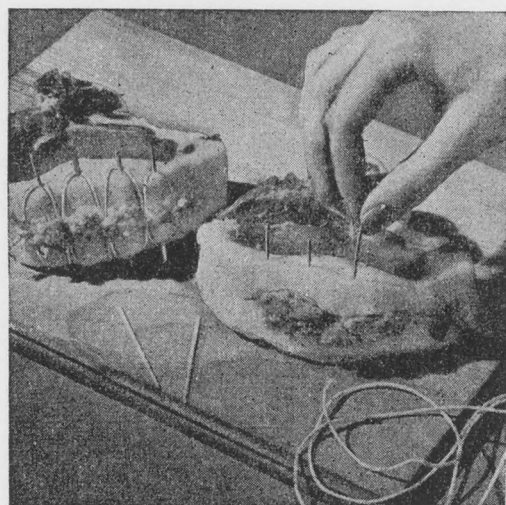
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FOR THE HOMEMAKER

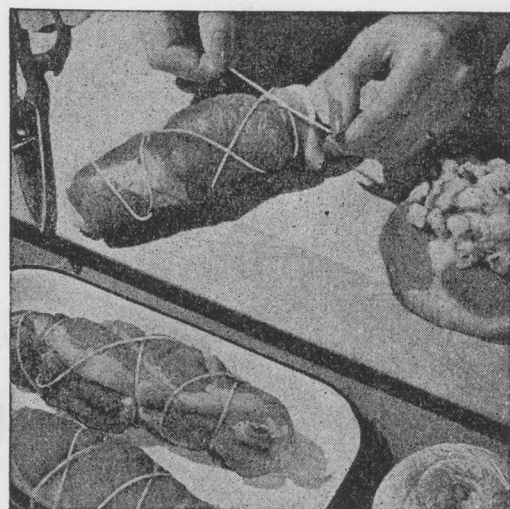


Fastens stuffed chops. Stick the toothpicks, through the fat. Criss-cross string around them. Tie knot. To serve chops, first slip out the toothpicks. Then pull off string.

Wraps veal birds. Place mound of savory bread stuffing on each veal steak. Roll it up. Wind string around meat; tie a knot.

Timesavers

STRING MAKES THE DIFFERENCE



This article and accompanying illustrations by special arrangement with Better Homes & Gardens.

SLIDE PENCIL INSIDE BINDING

| MAY 1959 | | | | | | |
|----------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

June 1959

| JULY 1959 | | | | | | |
|-----------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|-----------------------------|---------------------------|--|--------------------|----------------|----------------------|
| | 1 4 | 2 6 | 3 4 | 4 6 | 5 4 | 6 |
| | Fenian Raid 1866 | Elizabeth II Crowned 1953 | | | | D-Day, 1944 |
| 7 | 8 4 | 9 2 | 10 5 | 11 2 | 12 7 | 13 2 |
| | | | Italy Declares War on Allies 1940 | | | |
| 14 | 15 4 | 16 2 | 17 7 | 18 2 | 19 5 | 20 2 |
| Germans enter Paris 1940 | | | | | | Rowing - Hanlan 1878 |
| 21 | 22 4 | 23 2 | 24 4 | 25 3 | 26 1 | 27 |
| Longest Day of Year | Germany Attacks Russia 1941 | | Labrador discovered by John Cabot 1497 | | | |
| 28 | 29 8 | 30 9 | NEW MOON | FIRST QUARTER 14th | FULL MOON 20th | LAST QUARTER 27th |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| MEAT | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

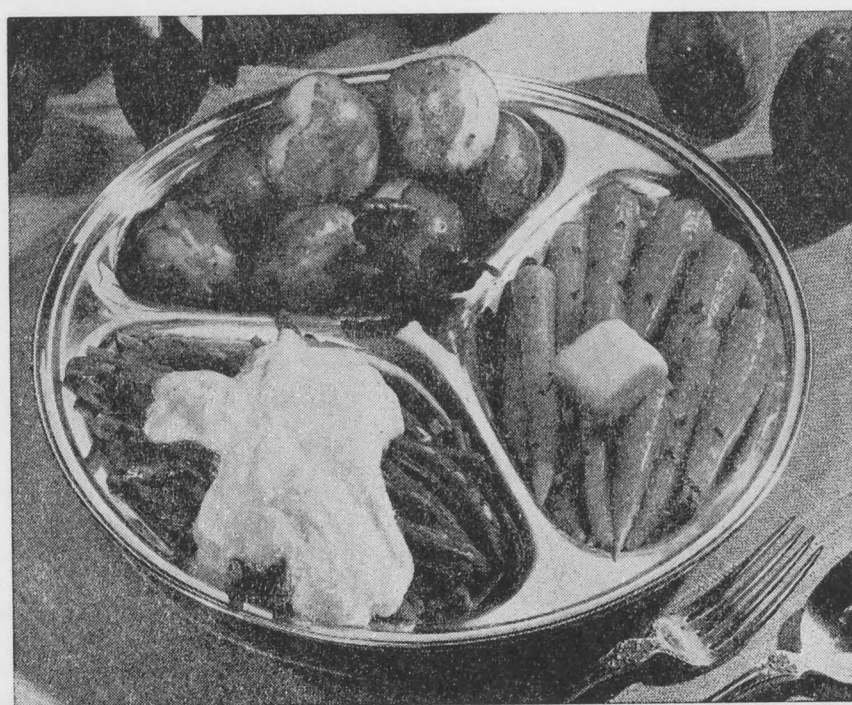
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



String Beans with Creamy Horseradish Sauce

- 1 1/2 pounds green beans
- 3 tablespoons butter
- 3 tablespoons flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups milk
- 3 to 4 tablespoons drained horseradish

Wash and cut green beans lengthwise or slice diagonally. Cook beans in a tightly covered saucepan with about 1 inch of boiling water, adding 1/2 teaspoon salt per cup boiling water. Cook for 15 to 20 minutes or only until tender.

Drain. Make sauce by melting butter in saucepan; add flour and seasonings and blend. Gradually add milk while stirring and cook until smooth and thick, stirring constantly. Stir in drained horseradish. Serve hot over beans. Serves 6.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| JUNE 1959 | | | | | | |
|-----------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

July 1959

| AUGUST 1959 | | | | | | |
|-------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--|-------------------|-------------------|----------|--------|----------------------|
| NEW MOON 6th | FIRST QUARTER 13th | FULL MOON 20th | 1 DOMINION DAY | 2 9 | 3 7 | 4 9 |
| 5 | 6 8 | 7 8 | 8 7 | 9 9 | 10 8 | 11 9 |
| | Br. dirigible R34 arrives in New York 1919 | | | | | |
| 12 | 13 7 | 14 8 | 15 7 | 16 7 | 17 6 | 18 |
| | | | | | | |
| 19 | 20 | 21 | 22 | 23 6 | 24 | 25 6 |
| | Alexander Mackenzie Reaches Pacific 1793 | | | | | |
| 26 | 27 | 28 6 | 29 4 | 30 6 | 31 | LAST QUARTER 27th |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| MEAT | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 375 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Gingies

- 1/3 cup butter
- 1/2 cup brown sugar
- 2/3 cup molasses
- 1 egg, well-beaten
- 2 3/4 cups sifted flour
- 1 teaspoon soda
- 1 1/2 teaspoons cinnamon
- 1 1/2 teaspoons ginger
- 1 teaspoon salt

Cream butter; add brown sugar and blend. Stir in molasses and well-beaten egg. Sift flour, measure; sift with soda, spices and salt. Add to molasses mixture, stirring well. Chill for an hour. Roll dough to about 1/8 to 1/4 inch thick-

ness on floured pastry cloth. Cut with floured cookie cutter, sprinkle tops with sugar. Place on buttered baking sheet and bake in a moderately hot oven 375° F., about 10 minutes. Makes about 4 dozen cookies.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| JULY 1959 | | | | | | |
|-----------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

August 1959

| SEPTEMBER 1959 | | | | | | |
|----------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|----------------------------|-------------------|--------------------------|---------------------------------|--------|--------------------------|
| NEW MOON 4th | FIRST QUARTER 11th | FULL MOON 18th | LAST QUARTER 26th | | | 1 6 |
| 2 | 3 4 | 4 6 | 5 5 | 6 10 | 7 10 | 8 |
| | Hudson Bay discovered 1610 | | | | | Air Raids, Britain, 1940 |
| 9 | 10 8 | 11 7 | 12 8 | 13 5 | 14 8 | 15 4 |
| | | | Atlantic Conference 1941 | | | |
| 16 | 17 8 | 18 4 | 19 8 | 20 8 | 21 8 | 22 7 |
| Gen. Brock Captures Detroit 1812 | | | | | | Open Que. Bridge, 1919 |
| 23 30 | 24 31 | 25 3 | 26 | 27 | 28 | 29 |
| | | | | Kellogg Peace Treaty Paris 1928 | | |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | |
| | 180 degrees |
| VEAL | |
| | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| | | |
|-----------|-------|------|
| 8 oz. | 1 | cup |
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Pumpkin Maple Custard

- 3 eggs, slightly beaten
- 3/4 cup cooked or canned strained pumpkin
- 1/2 cup maple sirup
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 cups milk, scalded
- 1 teaspoon vanilla
- 1 3-ounce package cream cheese

Milk

Beat eggs slightly. Combine eggs, pumpkin, maple sirup, brown sugar, salt and spices, stirring to blend. Stir in scalded milk and vanilla, mixing thoroughly. Turn mixture into 6 buttered custard cups. Place in shallow baking pan con-

taining warm water. Bake in a moderate oven, 325° F., for 45 to 50 minutes, until a silver knife inserted comes out clean. Garnish with pecan halves and serve with a topping of cream cheese which has been softened until light and fluffy with milk. Makes 6 medium-sized custards.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

| AUGUST 1959 | | | | | | |
|-------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

September 1959

| OCTOBER 1959 | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|----------------------|---|---|---|-------------------|----------------------|
| NEW MOON 3rd | FIRST QUARTER 9th | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 V-J Day | 10 Br.-France declare War on Germany, 1939 | 11 Fish | 12 |
| 13 | 14 LABOR DAY | 15 First Air Mail Montreal to Vancouver 1928 | 16 British Troops took Montreal 1760 | 17 Canada declares War on Germany, 1939 | 18 Fish | 19 |
| 20 British capture Plains of Abraham 1750 | 21 | 22 | 23 Fish | 24 | 25 Fish | 26 Fish |
| 27 | 28 | 29 | 30 | | FULL MOON 17th | LAST QUARTER 25th |
| | | First spike C. P. R. 1877 | | | | |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | |
| | 180 degrees |
| VEAL | |
| | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

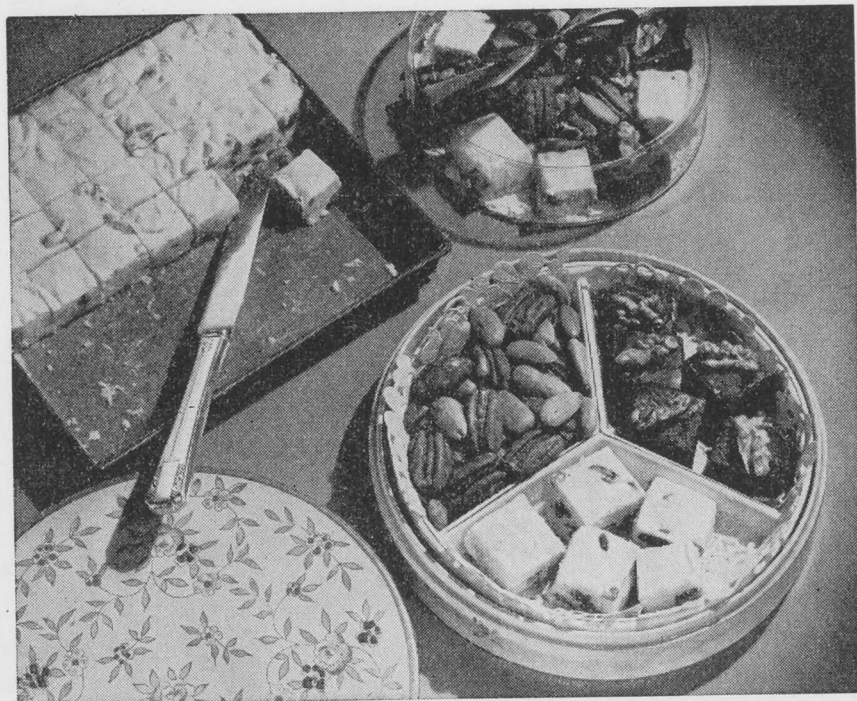
Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

FAMILY FAVORITES



Christmas Butter Fudge

- 4 cups sugar
- 2 cups milk
- 1/2 cup butter
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1/4 cup candied cherries, cut small
- 1/4 cup blanched pistachios

Put sugar, milk, butter and salt into large saucepan and bring to boiling point, stirring constantly until sugar is dissolved. Then cook at a moderate rate stirring only occasionally, until candy will form a soft ball, (236-237° F.), when dropped into cold water. Remove from heat immediately and set pan in cold water; do not

stir or beat until cooled to lukewarm. Add vanilla and beat until candy becomes thick and creamy and loses its shine. When on the point of "setting", add the cherries and nuts and fold in quickly. Pour candy into buttered 8-inch square pan and let stand at room temperature, until firm. Cut into squares. Makes about 2 1/2 lbs. fudge.

This recipe developed and tested for you by the National Dairy Council.

SLIDE PENCIL INSIDE BINDING

SEPTEMBER 1959

| | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 | 2 | 3 | 4 | 5 | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

October 1959

NOVEMBER 1959

| | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------|------------------------|---------------------------|----------|--------|------------|
| NEW MOON ● 2nd-31st | FIRST QUARTER ☾ 9th | FULL MOON ☾ 16th | LAST QUARTER ☾ 24th | 1 4 | 2 5 | 3 4 |
| 4 | 5 4 | 6 4 | 7 5 | 8 4 | 9 | 10 |
| 11 | 12 // | 13 4 | 14 5 | 15 5 | 16 5 | 17 5 |
| 18 | 19 4 | 20 4 | 21 5 | 22 4 | 23 4 | 24 4 |
| 25 | 26 4 | 27 4 // | 28 4 | 29 4 | 30 4 | 31 |
| Discovery of Insulin 1923, Dr. Banting | | | | | | Hallowe'en |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| MEAT | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| 8 oz. | 1 | cup |
|-----------|-------|------|
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

1958 YEARLY CALENDAR

| JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE |
|---|---|---|---|---|---|
| SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 |
| JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 |

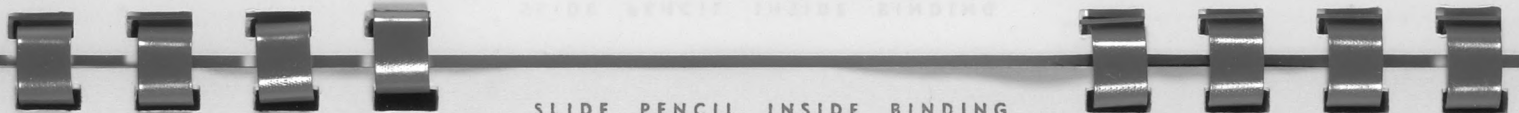
1959 YEARLY CALENDAR

| January 1959 | February 1959 | March 1959 | April 1959 | May 1959 | June 1959 |
|---|---|---|---|---|---|
| SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 |
| July 1959 | August 1959 | September 1959 | October 1959 | November 1959 | December 1959 |
| SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 |

1960 YEARLY CALENDAR

| JANUARY | FEBRUARY | MARCH | APRIL | MAY | JUNE |
|---|---|---|---|---|---|
| SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 |
| JULY | AUGUST | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
| SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS | SMTWTFS |
| 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 |

© T.D.M. CO.-S.P. LIMITED, ST. THOMAS, CAN.



SLIDE PENCIL INSIDE BINDING

| OCTOBER 1959 | | | | | | |
|--------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

November 1959

| DECEMBER 1959 | | | | | | |
|---------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|-----------------|-----------|--------------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | First C.P.R. train leaves Montreal 1885 | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | | REMEMBRANCE DAY | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | | | | | | |
| 29 | 30 | | | | | |
| | St. Andrew's Day | | | | | |
| | | | FIRST QUARTER | FULL MOON | LAST QUARTER | NEW MOON |
| | | | 3 | 15th | 23rd | 30th |



Helpful Hints

FOR EASIER COOKING

OVEN TEMPERATURES

(For baking and roasting)

| | |
|---------------------|--------------------|
| Slow oven | 250-325 Fahrenheit |
| Moderate oven | 325-375 Fahrenheit |
| Moderately hot oven | 375-400 Fahrenheit |
| Hot oven | 400-450 Fahrenheit |
| Very hot oven | 450-500 Fahrenheit |

CANDY AND ICING

| Stages in sugar cooking | Temperature of Sirup |
|-------------------------|----------------------|
| Sirup | 220-230 |
| Thread | 230-234 |
| Soft Ball | 236-238 |
| Medium Ball | 238-240 |
| Firm Ball | 244-250 |
| Hard Ball | 250-265 |
| Light Crack | 270-280 |
| Medium Crack | 280-290 |
| Hard Crack | 300-310 |
| Fudge | 236-238 |
| Caramels | 242-248 |
| Pulled Soft Candies | 245-260 |
| Pulled Hard Candies | 265-275 |
| Toffee | 250-252 |
| Butterscotch | 290-300 |
| Brittle Candies | 290-305 |

MEAT THERMOMETER

| | Temperature |
|-----------------|-----------------|
| BEEF | |
| Ribs, rare | 140 degrees |
| medium | 160 degrees |
| well-done | 170 degrees |
| Sirloin, medium | 160 degrees |
| well-done | 170 degrees |
| Tenderloin | 160-170 degrees |
| Rump | 170 degrees |
| PORK | |
| Loin | 145 degrees |
| Tenderloin | 160 degrees |
| Shoulder | 185 degrees |
| Ham | 185 degrees |
| LAMB | 180 degrees |
| VEAL | 170 degrees |

FRIED FOODS

| | Temp. of Fat | Time (min.) |
|-----------------------|--------------|-------------|
| Croquettes | 385 | 2 |
| Doughnuts | 370-375 | 2-3 |
| Small Fish | 375-385 | 2-5 |
| Trout, etc. | 385 | 2-5 |
| Fishballs | 375-385 | 2-5 |
| Clams and Oysters | 370 | 2 |
| Crabs | 360 | 3-5 |
| French Fried Potatoes | 375-390 | 3-5 |
| Fritters | 375 | 2-5 |

ROASTED MEATS

Roast at high temperature for 15 minutes. Reduce to given temperature for remainder of time. Or if less crisp brownness is desired roast at given temperature for entire period.

| | Oven (Deg. F.) | Time (Min. per lb.) |
|-----------------|----------------|---------------------|
| Beef, rare | 300-350 | 18-22 |
| Beef, medium | 300-350 | 22-25 |
| Beef, well done | 300-350 | 27-30 |
| Beef, rump | 300-350 | 30-35 |
| Meat Loaf | 350 | 45-60 |
| Lamb | 300-350 | 30-35 |
| Pork | 300-350 | 30 |
| Cured Pork | 300-325 | 30 |
| Veal | 300 | 30 |
| Chicken | 300-350 | 22-30 |
| Duck | 300-325 | 20-25 |
| Goose | 350 | 20-25 |
| Turkey | 300-325 | 15-25 |
| Fish | 400-450 | 10-15 |

SIZE OF CANS

| | | |
|-----------|-------|------|
| 8 oz. | 1 | cup |
| Picnic | 1 1/3 | cups |
| No. 1 | 2 | cups |
| No. 2 | 2 1/2 | cups |
| No. 2 1/2 | 3 1/2 | cups |
| No. 3 | 4 | cups |
| No. 10 | 13 | cups |

NOW YOU CAN COUNT YOUR VITAMINS

Here's how to get the best vitamin values for your money. This comprehensive table lists in standard units the vitamin strength of ordinary servings.

| FOOD | AMOUNT | In International Units Except G, Given in Sherman-Bourquin Units* | | | | |
|--------------------------------------|------------------------------|---|----------------|-----|-------------------|----|
| | | A | B ¹ | C | G ^(B2) | D |
| Apples | 1 medium-sized | 100 | 20 | 250 | 30 | |
| Apricots, dried | 1/2 cup incl. cooking water | 1,800 | | 80 | 35 | |
| Asparagus, green | 6-7 stalks | 430 | 100 | 350 | | |
| Bananas | 1 medium-sized | 375 | 25 | 200 | 40 | |
| Beans, navy | 1/2 cup, baked | 70 | 50 | | | |
| Beans, string | 1/2 cup cooked, incl. liquid | 450 | 45 | 80 | | |
| Beef, lean | Average serving | 70 | 40 | | 100 | |
| Beets (roots) | 1/2 cup, cooked | 35 | | 100 | 50 | |
| Beet tops | 1/2 cup, cooked | 12,000 | | 320 | 250 | |
| Bread, white (made with milk solids) | 1 slice (1 ounce) | 5 | 6 | | | 20 |
| Bread, whole-wheat | 1 slice | 6 | 25 | | 25 | |
| Broccoli | 1/2 cup, cooked | 8,000 | | 440 | 220 | |
| Brussels Sprouts | 1/2 cup, cooked | 250 | | 900 | | |
| Butter | Usual square, 1/4 ounce | 150 | 11 | | 14 | 8 |
| Cabbage, green raw | 1/2 cup shredded | 550 | 30 | 600 | 40 | |
| Cabbage, cooked | 1/2 cup | 775 | | 750 | | |
| Cantaloupe | Medium-sized half | 550 | 7 | 400 | | |
| Carrots | 1/2 cup cooked | 3,200 | 10 | 35 | 40 | |
| Carrots, raw | 1 large, 3 1/2 ounces | 3,850 | 12 | 70 | 50 | |
| Cauliflower | 1/2 cup, cooked | 50 | 30 | 600 | 60 | |
| Celery, green | 2 average stalks | 300 | | 30 | | |
| Chard, Swiss | 1/2 cup, cooked | 12,000 | | 320 | 250 | |
| Cheese, cheddar | 3/4-inch cube | 400 | | | 30 | |
| Cheese, cottage | 1/2 cup | 55 | | | | |
| Cranberries | 3/4 cup, fresh | 25 | | 200 | | |
| Cream, light | 1 tablespoon | 150 | | | 8 | |
| Cream, heavy | 1 tablespoon | 340 | | | 8 | |
| Dandelion greens | 1/2 cup, cooked | 18,000 | | 700 | 75 | |
| Dates, commercial cured | 10 dates | 75 | 10 | | | |
| Eggs | 1 whole egg | 600 | 15 | | 60 | 8 |
| Fish, lean (not the oily types) | 4 ounces, fried | | | 65 | | |
| Flour, white | 1 cup (4 ounces) | | | 40 | | |

"Courtesy Better Homes & Gardens"

NOVEMBER

1959

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

December
1959

JANUARY

1960

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

KEEP RECEIPTS, STATEMENTS AND MEMOS IN THIS POCKET

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|----------------------------|---|-----------|-------------------------|---------------------------|-----------------------|
| FIRST QUARTER ☾ 7th | FULL MOON ☀ 15th | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Japan Attacks U.S. 1941 | Great Britain Declares War on Japan 1941 | | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | George VI Born 1895 | | | Air Training Plan, 1939 | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| C.N.R. Organized 1919 | | | | | CHRISTMAS DAY | |
| 27 | 28 | 29 | 30 | 31 | LAST QUARTER ☾ 23rd | NEW MOON ☀ 29th |



WEBER BROS. AGENCIES LIMITED

"THE HOUSE OF SERVICE" — SINCE 1911

Real Estate, Loans, Appraisals — Property Management — Provincial Insurance Managers

HEAD OFFICE - 10013-101 A AVE.

EDMONTON

PHONE GA. 4-7341

Branches at:

9424 - 118 Ave. - Phone GR. 9-3245

Westmount Shoppers Park - Phone GL. 5-4135

9202 - 95th Ave. - Phone HO. 6-4050

10558 - 82nd Ave. - Phone GE. 9-2056

15120 Stony Plain Rd. - Phone HU. 9-1250

11427 Jasper Ave. - Phone HU. 8-1101